



Nepean blaze displaces dozens of people Sunday. Investigators suspect cigarettes the cause
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Your essential daily news | TUESDAY, MARCH 14, 2017

High -6°C/Low -11°C Snow



Emil Aite, left, and Eric Kys are the founders of Desk Nibbles, a snack-subscription service founded through the Carleton University Lead to Win accelerator.
HALEY RITCHIE/METRO



SNACK ATTACK
**These Carleton students want to help
you eliminate your office 'hanger'**
metroNEWS

Connecting to Ottawa's digital future

TECHNOLOGY

**Faster Internet
must be more
accessible,
expert says**



**Dylan C.
Robertson**
For Metro | Ottawa

terson said, with availability in just a few cities.

Among them is Kingston, which planted fibre-optic cables across its region. When companies started offering the service to Toronto and Montreal, Kingston residents signed on for some of the country's fastest Internet at a lower cost. Patterson said that's starting to draw business to the city.

Though Ottawa hosts Corel and Shopify, Patterson said, it lags behind other cities known for their tech sectors.

"If my connection in Toronto is better than my connection in Ottawa, then I have a competitive advantage over everybody sitting in this room."

Speaking at the Smart Cities conference, Campbell Patterson, co-founder of the broadband-networking consulting firm CP Communications, told researchers and public servants that Ottawa needs to think of its Internet access like traffic or greenhouse gas.

"We need programs and policies that actually enable people ... to improve their lives," he said.

Patterson said high-speed Internet could use video chat and body-monitoring devices to help people access health checkups from home. He also pointed out that college courses increasingly include video-training components.

But Canada is lagging behind other OECD countries in adapting to fibre-optic internet, Pat-

terson said, that discrepancies between Internet-connection quality exist within Ottawa's greater region. Residents of rural areas like Manotick and lower-income neighbourhoods near downtown are paying more for Internet, he said, and getting slower speed than condo-sprinkled areas of the Glebe and downtown.

"This issue is particularly difficult for economically depressed areas, because increasingly we're relying on Internet connectivity in order to live our lies and pursue our dreams, our careers and education," he said. "Your children are economically disadvantaged, socially disadvantaged as a result."

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Your essential daily news

B.C. premier backs move to stop employers from forcing high heels on female staff. **Canada**

Glebe businesses unfazed as Boston Pizza moves in

NEIGHBOURHOODS

Owners say area's distinct character is not threatened

Ryan Tumilty
Metro | Ottawa

Another national chain moving into the Glebe is not going to upset the character of the area, according to the executive director of the neighbourhood's business improvement association.

Boston Pizza has filed a liquor license request for 640 Bank St., between Powell and Clemow avenues.

The property, which features a large amount of onsite parking, has sat vacant since the LCBO moved to Lansdowne Park.

Andrew Peck, executive director of the Glebe Business Improvement Association, said he hadn't heard of Boston Pizza's move, but says he is not worried.

"We already have national chains in the area," he said.



This area is just a great area to open a business.

Andrew Peck

Boston Pizza is joining a McDonald's in the area and other chains. Peck said the change is fine as long as it's balanced.

"This is an area that I think has a really healthy mix of both unique independently owned and operated businesses and chains," he said. "I think most healthy commercial areas have that kind of mix."

Peck said the neighbourhood is healthy with only a few empty storefronts at this point and another company moving in will just help boost that.

"This area is just a great area to open a business and when I see something open, I see that as an indicator of a healthy business climate," he said.

Peck said that several locally owned stores have also opened in the area within the last year.

"It's not just big brands. There have been a number of businesses that have recently opened," he said.

He said the business association definitely wants to preserve the mix of businesses on the stretch and it's always top of mind.

"We have to preserve that and we want to preserve that," he said.

He said he regularly reaches out to landlords and leasing agents in the area who want to do the same.

"It's on their mind as well. They want to find that mix."

Metro's inquiries to Boston Pizza about their plans were not returned before press time.



Business owners in the Glebe say they aren't sweating the arrival of national chains to the BIA, saying the diversity will only add to the neighbourhood's overall character. METRO FILE

Ottawa DIGEST

CRIME

Police seek info after preteen girls followed
Police say preteen girls were followed last week in Orleans, and they're not sure whether more than one young man is involved.

Both incidents happened near Trim and Watters roads last week, involving an English-speaking man with dark hair and stubble, aged 16 to 28.

The first report came Monday around 3 p.m., with the girl reporting a white man with wavy hair wearing a red plaid jacket and beige boots.

The second report came Friday around 3 p.m., with another girl reporting a man with light brown skin and short hair, wearing a red jacket with black accents.

Police are asking anyone with information to call 613-236-1222, ext. 3566.

DYLAN C. ROBERTSON/METRO

WEATHER ALERT

Agency calls for 10 to 20 centimetres of snow

Environment Canada is warning of heavy snowfall around Ottawa on Tuesday evening, with 10 to 20 centimetres expected by Wednesday.

According to a Monday weather alert, snow was expected to start that evening over the Ottawa Valley, followed Tuesday by northeast wind gusts around 50 km/h. For Wednesday, meteorologists predict scattered flurries as the system moves east.

DYLAN C. ROBERTSON/METRO

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Blaze began on balcony

FIRE MARSHAL

Cigarettes may be cause of fire that displaced more than 60

Ryan Tumilty
Metro | Ottawa

A massive fire that tore through dozens of apartments in Nepean Sunday afternoon started on a balcony, and investigators are looking at cigarettes as a possible cause.

The Ontario Fire Marshal is investigating the four-alarm blaze that forced dozens from their homes and caused an estimated \$3.5 million in damages.

William Hay, an investigator with the Ontario Fire Marshal's office, said they know where the fire started, but can't say for sure what started it.

"What we're looking at is a number of possible ignition sources that we haven't con-

firmed yet, but we can say with a certainty that it started on the balcony," he said.

He said cigarettes are one possible cause, but there are other possibilities. He said they're waiting for some tests to be sure, but they don't suspect the fire was set deliberately.

The fire broke out on Sunday afternoon and quickly spread through several adjoining units.

Ottawa firefighters called a second alarm before they even arrived on scene and escalated it to a third and fourth alarm as the blaze grew.

That brought dozens of firefighters to the scene and crews doused it with two separate aerial units at times.

Hay said the fire quickly got into the roof and attic of the structure and that allowed it to spread quickly through the building.

"The roof itself wraps around the top of the building and the fire penetrated into the roof, and once inside



The fire began at 34 Northview Road, but spread to 32 separate apartments. RYAN TUMILTY / METRO

there was nothing to stop it," he said. "It can spread rapidly throughout sections of the building once it reaches into the attic space."

Ottawa Fire chief Gerry Pingitore said the 65 to 70 people displaced from the units could be out a long time, because so much water was used to put

out the fire.

"That water penetrates the lower floor across the building, so there will be extensive reconstruction and renovation required," he said.

He said Minto, the rental company that owns the units, helped move people to other vacant properties they have

in Ottawa.

He said even though the fire was a big draw on resources, it didn't interfere with fire department operations.

"At the very same time we had this fire, we had a kitchen fire downtown and a water rescue and we had sufficient resources to deploy."

“

The fire penetrated into the roof, and once inside there was nothing to stop it.

William Hay

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ACCESSIBILITY

Para Transpo users want ability to book rides online

Ottawa commuters with disabilities are asking the city to make Para Transpo rides bookable online, after facing phone queues that last 45 minutes or longer.

Users of Para Transpo pay the same fare as OC Transpo commuters, and can schedule daily rides for recurring schedules, like getting to work, for buses or shared taxis. But infrequent rides require phoning the morning in advance, to see if a ride is available.

For years, the system could only take 22 customers at a time, requiring many to hit "redial" until they made it into the queue. On Jan. 25, a new system that holds 110 calls was put in place, allowing people to wait on hold.

Customers like Suzanne Schecter Côté say they're on hold for 45 minutes or more. "It's discriminatory," she said. "You end up with less energy for the rest of your day."

The city refused to provide an average or median wait time to Metro, claiming the new system's six weeks aren't "an appropriate sample of data."

David Pepper, a senior OC Transpo manager, noted that a recent survey of Para Transpo users ranked a new service-



Clients wait up to an hour on hold to book a ride on Para Transpo. RYAN TUMILTY/METRO

eligibility policy and online fare-payment accounts as higher priorities than an online booking system.

"As with any new introduction of technology, there must be sufficient planning and understanding of the impact on all of the different customers Para Transpo serves," wrote Pepper.

He also said that not all customers have access to the Internet, which could disadvantage them if booking moved online. But Schecter Côté countered that it would free up the phone lines for them. She's now launched an

Avaaz.org petition asking for online booking.

ParaTranspo has also seen more customers, from 13,000 registered riders taking 780,000 trips in 2014, to 16,000 users taking 796,000 trips in 2016.

John Redins recalls a five-minute wait when booking rides when he started using the service in 2010. He holds a part-time job at the Canadian Tire Centre, but has waited over an hour to book rides for the next week, with him almost cancelling shifts.

"It's very hard to plan my life," Redins said. "It's frustrating." RYAN TUMILTY/METRO



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Upstart firm targets office hanger

ENTERPRISE

Employers pushed to discover power of the snack

Haley Ritchie
Metro Ottawa

Two Carleton students are on a mission to eliminate office hanger.

Hanger is what you get when you combine hunger and anger — the feeling you get when you're asked to stay late at the office when you already skipped lunch.

"We want to show the businesses how effective snacking is in the workplace and how great it is for employee morale and saving time and money," said Emil Aite, a fourth-year computer science student and founder of Desk Nibbles.

The subscription service targets offices in Ottawa that want regular deliveries of healthy snacks. The plans, which vary from \$50 to \$150, offer a customizable selection of fruit, granola bars, drinks, sweets, yogurts and nuts.

Right now Desk Nibbles is a small operation, working out of Carleton's entrepreneur space and a basement in Kanata.

Aite first had the idea while

doing an internship at Shopify, an office that's legendary in Ottawa for its perks, including snacks and meals.

"The first thing I thought was, 'Wow, this is awesome. Why can't this be done everywhere?' he said.

Aite realized that most businesses don't have the resources for a steady snack supply.

With Desk Nibbles he and Eric Kys, his business partner, hope to fill that gap.

"A lot of people do want snacks in their office, but it's not easy to do," he said. "Once a month we come into the office with our curated box."

Snacks produced here in Ottawa — such as Missy's Bakery and Martin's Apple Chips — are among the selections on offer.

Local employers that have tried the service include Windmill, Canvaspop and Carleton's student association.

Kys said different offices might use the snack box in

different ways, offering goodies to clients or at special meetings, working on a system where employees can pay for individual items or using them as an after-hours treat in

offices where workers often stay late.

"It's nice to have something that's there for them," he said. "It keeps the employees feeling happy and appreciated. It's like Christmas, you don't know what to expect for the snacks. You get some really cool stuff."

A lot of people do want snacks in their office, but it's not easy to do.

Emil Aite



A selection of offerings available through Desk Nibbles, the snack-subscription service for Ottawa employers. CONTRIBUTED

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Girl Guides nix trips to the States

MUSLIM BAN

Group worries members could be turned away at the border

Girl Guides of Canada says it is cancelling any trips to the United States, citing concerns some of its members could be turned away at the border.

"It also has to do with safety," Sarah Kiriliuk, the organization's national manager of marketing and communication said Monday. "We want to make sure that if our girls are travelling that they are not

going to be in a risky or unsafe situation."

The organization says it decided to cancel future travel because of the uncertainty over whether all of its members would be allowed to cross the border amid recent news about travellers from six countries not being allowed to enter the U.S.

"We realize we had to stand by our organizational commitment of inclusivity and diversity," Kiriliuk said. "We talk the talk, we try and walk the walk. We're an inclusive and a diverse organization and this is just an extension of that."

While the United States is a frequent destination for guid-

+ RELOCATION

In respect of this decision, the nationally-sponsored trip this summer to a camp in California has been changed to an alternate destination, the statement from Girl Guides of Canada said.

ing trips, the ability of all our members to equally enter this country is currently uncertain, said a statement from the organization.

Girl Guides of Canada will not be approving any new travel to the United States until further notice, the statement said.

This includes trips that are over or under 72 hours and any travel that includes a connecting flight through an American airport, it said.

TORSTAR NEWS SERVICE

“We realize we had to stand by our organizational commitment of inclusivity and diversity.

Sarah Kiriliuk

WORKPLACE

B.C. premier slams mandatory high heels

Legislation that would make it illegal to require women to wear high heels on the job in British Columbia is getting support from Premier Christy Clark.

"In some workplaces in B.C., women are still required to wear high heels on the job," Clark wrote on her verified Facebook page. "This isn't just old-fashioned; in 2017, it's unacceptable."

Clark says she backs the intent of a private member's bill introduced last week by B.C.'s Green party leader, Andrew Weaver.

The bill he introduced on International Women's Day would prevent employers from setting footwear requirements based on gender.

Clark's Facebook entry posted

“This isn't just old-fashioned; in 2017, it's unacceptable.

B.C. Premier
Christy Clark



Sunday promises that the government will take action, saying "this practice needs to stop."

There's no indication in Clark's post if the Liberals will back Weaver's bill or bring in separate legislation.

In the United Kingdom, MPs debated a ban last week on man-

datory workplace high heels in response to a petition started by a receptionist who was sent home without pay for wearing flat shoes. The debate was non-binding, but the government promised to act against heel-height rules, makeup guidelines and other corporate codes that

apply to women but not to men.

Nicola Thorp was told in December 2015 that her flat shoes were unacceptable for a temporary assignment in London with finance firm PwC. Her employment agency, Portico, had a dress code specifying that female workers must wear non-opaque tights, have hair with "no visible roots," wear "regularly re-applied" makeup—and appear in shoes with a heel between five and 10 centimetres high.

Thorp started an online petition, calling formal workplace dress codes "outdated and sexist." It gathered more than 150,000 signatures, making it eligible for a debate in Parliament. THE CANADIAN PRESS



Canada digest

Taxi driver acquitted of sex assault no longer licensed

The former Halifax taxi driver acquitted of sexual assault this month no longer has a licence to drive a cab in the municipality.

Bassam Al-Rawi had a conditional licence since September 2015 when the municipality's appeals standing committee granted his appeal of the revocation of his licence when he was charged in May 2015. But the driver never filed the proper paperwork to actually drive again, and his licence was deemed non-operational. A municipal spokesperson said Al-Rawi's licence expired on Friday.

ZANE WOODFORD/METRO HALIFAX

No personal info taken after StatsCan hacked: Officials

An online software update revealed that federal taxpayer information was vulnerable and forced the temporary suspension of two government sites last week, but not before Statistics Canada was hacked, officials say.

No personal or commercial information was accessed during the window of vulnerability that forced the Statistics Canada and Canada Revenue Agency websites offline from late Thursday and early Friday until Sunday afternoon, government officials said Monday.

TORSTAR NEWS SERVICE



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Scotland seeks new vote amid Brexit spat

INDEPENDENCE

Move comes as U.K. clears final hurdle to begin EU exit

Scotland's leader delivered a shock twist to Britain's EU exit drama on Monday, announcing that she will seek authority to hold a new independence referendum in the next two years because Britain is dragging Scotland out of the EU against its will.

First Minister Nicola Sturgeon said she would move quickly to give voters a new chance to leave the United Kingdom because Scotland was being forced into a "hard Brexit" that it didn't support. Britons decided in a June 23 referendum to leave the EU, but Scots voted by 62 to 38 per cent to remain.

Scotland must not be "taken down a path that we do not want to go down without a choice," Sturgeon said.

The move drew a quick rebuke from Prime Minister Theresa May, who said a second referendum would be hugely disruptive and was not justified because evidence shows most Scottish voters oppose a new independence vote. She accused Sturgeon's Scottish National Party of political "tunnel vision" and called the referendum "deeply regrettable."

"It sets Scotland on a course for more uncertainty and division," May said.

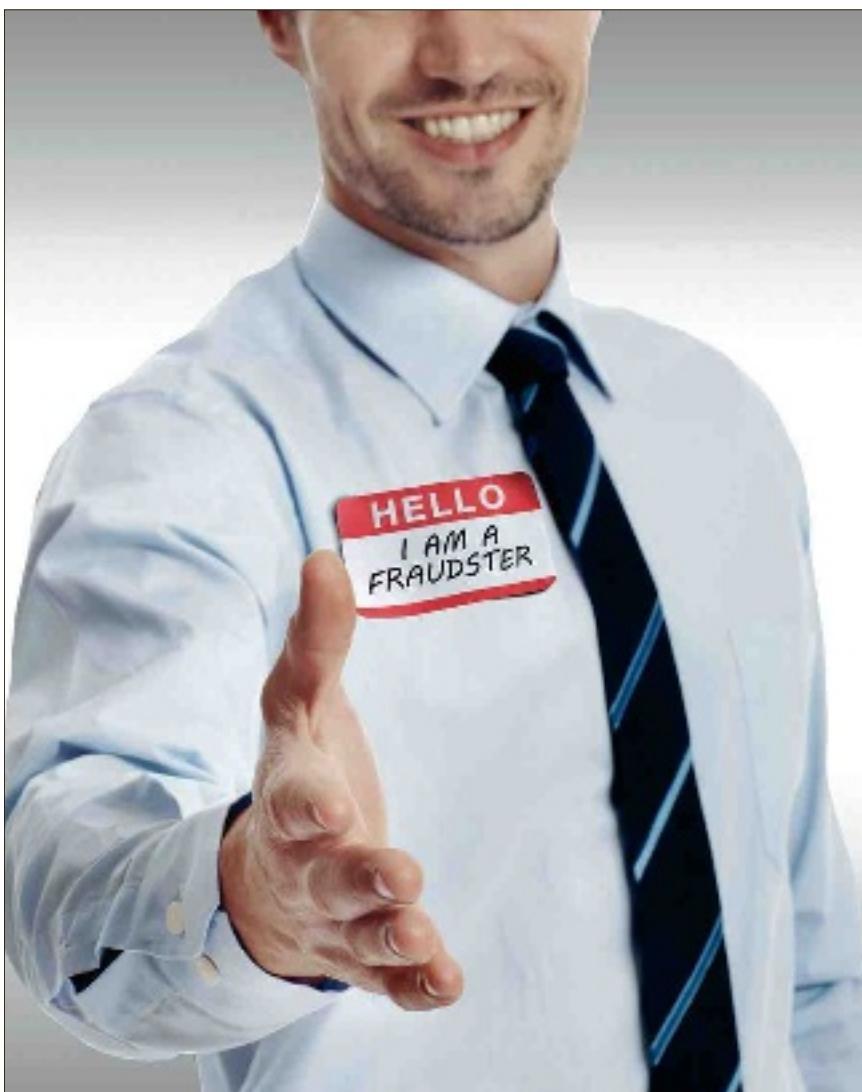
Sturgeon spoke in Edinburgh hours before Britain's Parliament approved a Brexit bill that will allow the U.K. to start the formal withdrawal from the EU within days.

Sturgeon said she would ask the Scottish Parliament next week to start the process of calling a referendum, to be held between the fall of 2018 and the spring of 2019. She said by then, details of Britain's post-Brexit deal with the EU would be clear and Scottish voters would be able to make "an informed choice."

THE ASSOCIATED PRESS



Scotland's First Minister Nicola Sturgeon is demanding a new independence vote as the United Kingdom's split with the EU looms. THE ASSOCIATED PRESS FILE



U.S. HEALTH CARE

Millions projected to lose their coverage

Nonpartisan analysts project that 14 million people would lose coverage next year under the House bill dismantling former President Barack Obama's health-care law. The estimate is a blow to Republicans.

Monday's estimate by the Congressional Budget Office says the number of uninsured would grow to 24 million by 2026.

The projections give fuel to opponents who warn the measure would toss millions of voters off insurance plans. Criticism has come from Democrats, Republicans from states that benefit from Obama's law and many corners of the health-care industry.

House Democratic Leader Nancy Pelosi says Speaker Paul Ryan should pull the bill from consideration, saying, "It's really the only decent thing to do." Meanwhile, Senate Minority Leader Chuck Schumer says the report demonstrates that the bill means higher costs and less coverage for consumers.

President Donald Trump backs the GOP plan.

Republican leaders have said their aim is to lower health care costs. They say coverage statistics are misleading because many people covered under Obama's law have high out-of-pocket costs that make health care unaffordable.

THE ASSOCIATED PRESS



NETHERLANDS

Turkey launches sanctions over ministers' treatment

Turkey announced a series of political sanctions against the Netherlands on Monday over its refusal to allow two Turkish ministers to campaign there, including halting high-level political discussions between the two

countries and closing Turkish air space to Dutch diplomats.

Turkey wanted to drum up support in the Netherlands among Turks eligible to vote in an April 16 referendum that would greatly expand the powers of Turkish President Recep Tayyip Erdogan. THE ASSOCIATED PRESS

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PHILOSOPHER CAT by Jason Logan



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Seeing the forest for the cities

City life can be bad for you: Air pollution, excessive noise and a dearth of green spaces leave urbanites chronically sick and stressed-out, writes Florence Williams in a new book, **The Nature Fix**. But a walk in the woods or on the beach lowers heart rates and stress hormones, and may even help us feel more focused and sociable. With good planning, Williams writes, it's possible to create "cities of awe" with the benefits of the great outdoors built right in. **Here, five ways cities are connecting citizens to nature:**



Plant trees

One of the most important things cities can do is also the easiest. Trees attract birds, and birdsong lifts our spirits. The smell of cypress seems to ease fatigue. And that's not to mention the dramatic air-quality benefits. **Toronto** earned a shout-out from Williams for its 10 million trees.



Bring parks to people

Nearly half of **Singapore** is covered with green space — a remarkable achievement in an Asian metropolis of 5.4 million. The city-state's goal is to get 90 per cent of its residents within 400 metres of a park. The number now stands at 70 per cent.



Bring out the best in bodies of water

Oceans, lakes and rivers are "soothing and universally loved," Williams said, so cities should keep them beautiful and make them easy to access. **Wellington, New Zealand** has a vast marine preserve, nicknamed the "snorkel trail," right inside the city limits.



Take a hike

Williams praised the walking trails along the tidal basin around **Seattle**. She says cities should make it as easy as possible to get her recommended minimum "dose" of five hours in nature every month. Urban noise can interfere with the benefits, but by incorporating "incredible visuals, wonderful smells and cool things to touch," cities can partly make up for it.



Push kids to play

Immersion in nature has been linked to better mood and behaviour, increased focus and improved school performance in kids. **Fukuoka City, Japan** has taken disused school parking lots and transformed them into mini-ecosystems called biotopes, complete with resident ducks and swampy paddy fields to explore.



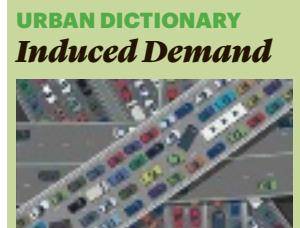
PUBLIC WORKS

The week in urbanism



Like the autobahn, but for bikes Berlin is looking at installing 13 new "bike highways," including two by the end of the year. They would be at least five kilometres long, four metres wide — to allow for safe passing — and separated from other traffic.

Like Smell-O-Vision, but for transit Singapore started a new program where 100 buses will emit subtle scents, including rose and peppermint. It's part of a mission to make riding the bus more attractive.



DEFINITION The phenomenon when expanding a road's capacity simultaneously increases demand to use it and cancels out any perceived benefit, like easing gridlock.

USE IT IN A SENTENCE The councillor wanted an urban highway to ease traffic, but city staff pointed out congestion would be at the same level in five years due to **induced demand**.

CITY CHAMP

Lourdes Juan is the founder of Calgary urban planning firm Hive Developments, which focuses on community outreach in planning. She is also founder of the Leftovers Calgary, a non-profit that diverts food from landfills to supply local agencies.
@lourdesmjuan



WORD ON THE STREET by Matt Elliott

City halls need to match the fast pace of city life



As I get older, I've started to think about the municipal projects under debate in terms of how old I'll be when they're finally completed.

I'll probably be past 35 by the time Toronto finally approves a comprehensive plan for laneway housing, for example. I'll be in my forties before the next major phase of waterfront development is complete. And when the first train rolls down the tracks of the city's long-planned downtown relief subway line, the odds say I could pay the seniors' fare. Thinking about city build-

ing probably shouldn't make me contemplate my own mortality, but such is the nature of city government in Canada. Things move slowly at city halls.

But slowness doesn't need to be the status quo. Recently, some Canadian cities have shown a desire to streamline their processes, all in the service of moving a little faster.

Last week, the City of Vancouver announced a pilot project designed to speed up the approval process for low density development.

In Toronto, a city report released last spring showed that permitting round-the-clock construction can

halve completion time and reduces costs by 10 to 20 per cent.

And in Montreal, a new 67-stop LRT plan backed by the province's pension fund has moved from announcement to environmental review in less than a year. That's furiously fast for a transit project.

Brian Kelcey, an urban planning consultant with experience working in the mayor's office in Winnipeg, highlights these kinds of things as examples of what he calls "fast government." He wants to see more of it.

"We have these decision-making processes that worry about cost and they worry

about consultation — and those are all important things — but we haven't really built any of our systems to factor in the value of speed," he tells me.

Kelcey points to a bunch of things that tend to gum up the gears of government. Local politicians too often fall prey to a "desperate urge to accommodate everyone — no matter how impractical." Cities hold endless public consultation meetings even on issues where the outcome is inevitable.

And there's still a reluctance to adopt the tested solutions of other cities. "We often use pilot projects to relearn the lessons that other

cities have already piloted," Kelcey adds.

There's no single lever for speeding up government, but Kelcey believes a part of it is a pretty simple shift in thinking.

"It needs to be a cultural change of managers, of councillors, of mayors, of citizens actually acknowledging out loud that there's a virtue to speed," he says.

Makes sense to me. I'll start. I'm Matt, I live in a city I want to see grow and improve — and I've got a need for speed.

Matt Elliott is an urban affairs columnist for Metro Toronto.



How to prepare for disaster



Snowstorms rolled into Toronto Monday afternoon with more wild weather promised before winter is out. EDUARDO LIMA/METRO

The storm sweeping southern Ontario doesn't look so bad. But that might not be true next time. Do you know what you'll need if you get stranded for 72 hours? **We have you covered.**

Genna Buck
Metro Canada

It's easy to get lazy about emergency preparedness during a long, mild winter.

Have you been putting off packing a disaster kit? Have one, but raided it for snacks months ago? You're not alone.

But with the weather so unpredictable, it's always wise to take a page out of the preppers' book and get some supplies together just in case. That way, you'll never be stuck lining up for batteries and bottled water when the forecast looks scary.

Experts recommend packing this stuff in a rolling suitcase, keeping it in a convenient spot like a front hall closet, and putting a mini-version in the car. And remember: Spring is flooding season. It never hurts to be ready.



THE JUST-IN-CASE BAG

KEEP THIS IN AN EASY-TO-REACH PLACE

- Copies of important documents**, like ID and insurance information, are a no-brainer.
- Write down phone numbers**. If your device dies, you'll need to know how to get in touch with your loved ones and local emergency services.
- An extra phone battery** is a good idea, too.
- Non-perishable food, water, toilet paper and a can opener**: Enough to last every member of your household for 72 hours. The rule of thumb for drinking water is two litres per person per day.
- First aid kit** with hand sanitizer and preferably a dust mask (the Red Cross has these).
- Blanket**
- Flashlight and extra batteries**
- Portable radio**: To listen to local announcements. Make sure it doesn't need to be plugged in!
- A whistle** to call for help
- What YOU need**: What would you be in trouble without for three whole days? Baby formula, diapers, pet food, medications, toiletries?

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Stretching: The scientific truth

EXERCISE

Body experts say the way we warm up may be all wrong

Jonathan Forani

life@metronews.ca

Among the glut of exercise advice, one thing seemed settled long ago: don't forget to stretch.

So we pulled our limbs in every direction, tugged on our ankles and reached for our toes before every workout.

But in recent years stretching doubt set in, as studies cast doubt on its effectiveness and some suggested it could lead to injury.

"An exercise in nothingness?" headlines read. If it doesn't work, why bother?

"There's been a lot of confusion," says David Behm, a leading stretching expert from

Memorial University in Newfoundland.

But Behm and an international group of researchers are closer to understanding the value of stretching and how to do it after conducting an expansive review, published last year, of 150 studies.

Their conclusion? Yes, you should stretch — but not the way you think. The key to the pre-workout regimen is "dynamic" stretching. Also called "movement practice," it has become an established decree of fitness experts, despite not fitting most conceptions of "stretching."

"Most people think 'I want to get more flexible and I want to get stronger,'" Behm says, but the traditional brand of stretch-and-hold, sit-and-reach exercises, or what is called "static" stretching, won't help your workout. In fact, an extensive stretching routine could make you weaker and lead to injury, Behm says, comparing it to using a slack elastic band to pull a wagon, instead of one

that's taut.

Dynamic stretching involves a gambit of movement exercises that take the joints through their full range of motion — high-knees, butt-kicks, walking lunges, deep bodyweight squats, trunk rotations and arm swings to name a few.

"It's a very different type of thing than what people consider stretching," says Greg Wells, assistant professor of kinesiology at the University of Toronto. "It's great before almost every single type of activity."

Static stretching won't do that. Instead, it slows the body, which is the opposite of what's needed for a workout.

"What you want to do is prime your body for the motion," says Kathelen Trotter, Toronto fitness expert and author of *Finding Your Fit*.

"The body needs a really good balance of mobility and flexibility," Trotter says, noting static stretching can help with the latter, but extensive stretch-and-hold routines

STATIC VS DYNAMIC

Before runs, squat and lunge

While more traditional static stretching is good for relaxation, fitness experts insist dynamic stretching is much more important before any rigorous activity.

Before a long run, you might warm up with a short jog followed by deep squats that grease the legs and hips, Wells suggests. Walking lunges are also encouraged.

Dynamic stretching is about getting the body ready for physical activity: "waking the body up, activating the muscles, lubricating the joints, and increasing the body's temperature," says Greg Wells, assistant professor of kinesiology at the University of Toronto.

ISTOCK



should be a separate workout altogether.

Static stretching is also a good practice for relaxation since it calms the nervous system down.

"It's an amazing way to decrease stress," says Wells. "If you've had a tough day, if you're wired, if you get home

at night and you feel like you're about to explode, stretching is one of the most amazing things you can do. Turn on a show and instead of lying on the couch, stretch for half an hour."

While the research has come a long way, there's more to be done. Stretching post-workout has not been studied at length,

but Behm says he would warn against stretching after an especially rigorous routine.

"If the workout has been quite fatiguing then the muscles are weaker and an intense stretching bout could overcome the weaker muscles and lead to muscle strain injury."

TORSTAR NEWS SERVICE

STUDY

Canadian CF patients live longer

Canadians with cystic fibrosis have a median lifespan a decade longer than their U.S. counterparts and researchers on both sides of the border are trying to figure out why there's such a dramatic survival gap between the two countries.

A study found the median age of survival for Canadians with the inherited disease is almost 51 years, compared with about 40 years for their American counterparts.

After taking into account factors like patient age and disease severity, researchers found the risk of death among people with CF was 34 per cent lower in Canada than in the U.S..

Cystic fibrosis, which is caused by a genetic mutation, causes thick mucus to build up in the respiratory system, leading to frequent infections that scar the lungs and reduce the ability to breathe. Mucus can also block tubes from the pancreas to the small intestine, requiring patients to take multiple digestive enzymes in order to absorb nutrients.

The study, published Monday in the *Annals of Internal Medicine*, was funded by the U.S. Cystic Fibrosis Foundation using data from 45,456 patients in its registry and 5,941 patients in the Canadian registry from 1990 to 2013. The 10-year dif-



Melissa Benoit, left, who has cystic fibrosis and her daughter Olivia at her home in Burlington, Ont.

THE CANADIAN PRESS

ference in lifespan was based on data from the last five years.

"Survival has increased in both countries, but Canada began to see greater improvements than the U.S. starting in 1995, with an even more dramatic increase in the survival rate in Canada noted in 2005," said principal investigator Dr. Anne Stephenson, a respirologist at St. Michael's Hospital in Toronto.

"We don't know what the cause is, but we hypothesized that there are certain factors that may be contributing to the differences between the two countries."

One of them was Canada's

adoption in the 1970s of a high-fat, high-calorie diet that resulted in patients being better nourished, said Stephenson, director of the Canadian Cystic Fibrosis Registry.

"If patients were born in that time period — the 1970s and '80s in Canada — they were exposed to good nutrition right from diagnosis or from birth," she said. "And they perhaps are benefiting from that early and long exposure to good nutrition. We know nutrition is definitely related to survival."

That diet, developed and tested at Toronto's Hospital for Sick Children, became the standard of care for CF patients in much of the world.

However, it wasn't adopted in the U.S. until about a decade after a 1989 Sick Kids' study showed that Toronto patients with CF had a better survival rate than those being treated at a comparable clinic in Boston.

"So we're thinking the effect of that may be a bit delayed in the U.S. because of the different approaches to nutrition in those early days," Stephenson said.

Differences in health-care systems between the two countries might also affect the median age of survival, especially among U.S. patients without medical insurance, the researchers suggest.

THE ASSOCIATED PRESS

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With up to 70 million office pools, more Americans will fill out NCAA brackets than voted for either Donald Trump or Hillary Clinton in the 2017 election

Northwestern finally gets in on Madness

NCAA BASKETBALL

Illinois school makes it to tournament for first time

Northwestern's agonizing wait went down to the wire.

All those forgettable moments and tantalizing teases over the previous 77 seasons were cast aside Sunday as the Wildcats celebrated their first NCAA Tournament bid when the final section of the bracket was revealed. By earning the No. 8 seed in the West Region, Northwestern will face ninth-seeded Vanderbilt on Thursday in Salt Lake City.

Northwestern ceded the title of having the longest tourney drought among power-five conference schools to Rutgers by becoming one of five first-time entrants in the 68-team field — the most since the field expanded to 40 in 1979.

The immediate reaction inside Welsh-Ryan Arena in Evanston, Ill., included fists pumping, fans cheering and band members spilling onto the court. Outside the arena, the celebration included Twitter posts from notable alums including actress Julia Louis-Dreyfus.

"To see all of this, it gets you emotional because these are the things we all dreamed of," coach Chris Collins said. "To see the guys very emotional before we



Northwestern coach Chris Collins, centre, players and supporters in Evanston, Ill., react as the team was named to the NCAA Tournament on Sunday. NAM Y. HUH/THE ASSOCIATED PRESS

came out, this has meant a lot to them and it's something we put a lot into, and just a really special day. You don't get many chances in life in anything to be a part of something historical, things that have never ever been done."

Before Collins arrived in 2013-14, moments like this one seemed as implausible as the Chicago Cubs winning the World Series.

Now, in a five-month span, both droughts are over thanks largely to men who insisted players believe.

In Collins' case, he instilled such a strong sense of purpose that his players already were donning T-shirts that read "Northwestern" on one line and "March into April" on the other.

"I'm used to being part of all the 'firsts' here. I was Coach Col-

lins' first recruit," sophomore forward Vic Law said. "That belief that we all had — that vision that me and Coach Collins shared — was that this would be different."

Last year, 20 wins were not good enough. This year, the Wildcats (23-11) refused to be kept out.

They broke the school record for wins and reached the Big Ten Tournament semifinals for the first time.

Joining Northwestern as schools in the tournament for the first time are Northern Kentucky, Jacksonville State, North Dakota and UC Davis.

THE ASSOCIATED PRESS

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FOOTBALL

Laval's Auclair grins and bears pro day

For the majority of football players, a pro day is an opportunity to show off their athleticism. On Monday, Antony Auclair used his to display his grit and toughness.

The Laval Rouge et Or tight end went through his paces before 17 NFL scouts. And the native of Notre-Dame-des-Pins, Que., did so despite suffering a pulled hamstring roughly 10 days ago.

Auclair said following Monday's session he considered rescheduling the workout before deciding to go ahead with it.

"I wanted to show I can play through an injury and be

2

**In December,
Auclair was
named the
second-ranked
prospect for the
2017 CFL draft.**

tough," Auclair said during a telephone interview. "All the scouts knew I was injured and I think I did a good job of showing them I could play through it and the competitor I am."

Despite the injury, the six-foot-six, 254-pound Auclair posted a 33-1/2-inch vertical jump and nine-foot, nine-inch broad jump — both solid indicators of explosion and lower-body strength.

Auclair, 23, also registered a personal-best 22 reps in the 225-pound bench press and a respectable 40-yard dash time of 4.82 seconds given his physical condition. THE CANADIAN PRESS

IN BRIEF

Chelsea ousts short-handed Man United from FA Cup

N'Golo Kante sent Chelsea into an FA Cup semifinal meeting with Tottenham by ending Manchester United's title defence on Monday, sealing a 1-0 victory after the holder's Ander Herrera was dismissed on a fiery night at Stamford Bridge.

Herrera was booked twice for fouling Chelsea winger Eden Hazard, leaving United a man down from the 35th minute while already trying to cope without suspended top-scorer Zlatan Ibrahimovic.

THE ASSOCIATED PRESS

Senators captain named NHL's third star of the week

San Jose Sharks centre Joe Pavelski, Anaheim Ducks goaltender Jonathan Bernier and Ottawa Senators defenceman Erik Karlsson were named the NHL's three stars of the week on Monday.

The third star went to Karlsson who paced defencemen with six points (two goals, four assists) in four contests to help the Senators extend their winning streak to six games as they battle Montreal for top spot in the Atlantic Division. THE CANADIAN PRESS



Wordsearch

D R A M A D R A D D
R R D A R A M A M R
A M A A D R A M A A
D A M M R A M D A M
R A A D A A M M A A
C O R O N A T I O N
S T R E E T M A A D
A D R A M A D M R A

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9	8	7	5	4	1	2	3	6
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7	9	8	4	2	5	3	6	1
6	1	2	3	8	9	7	5	4
3	5	4	1	6	7	8	2	9

*IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Be careful, because it's easy to overreact when dealing with others today, especially partners and close friends. Remember — you don't have to win all the time.

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today, because they will turn into a fight. Instead, look for ways to be supportive of co-workers on the job.

Gemini May 22 - June 21
Disputes about shared property, children or even a romantic relationship might take place. It's easy to make a mountain out of a molehill today — take it easy.

Cancer June 22 - July 23
Be patient with family members today, especially female relatives, because jealousy is likely. Furthermore, people will stifle their emotions today, then let them loose. (Yikes!)

Leo July 24 - Aug. 23
Avoid arguments with siblings and daily contacts today. In one way, you feel optimistic and upbeat, but this might change quickly if you cross swords with someone.

Virgo Aug. 24 - Sept. 23
Financial arguments are likely today because people are quick to anger. Be careful, because it's easy to blow things out of proportion today.

Libra Sept. 24 - Oct. 23
This is a tricky day. In one way it's positive, upbeat and happy (oh, yes). However, if someone disagrees with you, things could turn nasty very quickly. Stay calm.

Scorpio Oct. 24 - Nov. 22
Something going on behind the scenes concerns you today. Initially, it pleases you. Nevertheless, be careful, because someone might be jealous. (It might even be you.)

Sagittarius Nov. 23 - Dec. 21
Go gently when dealing with friends today, especially acquaintances in a group, because things might quickly turn nasty. Go with what works, and avoid what doesn't.

Capricorn Dec. 22 - Jan. 20
Avoid arguments with bosses, parents and VIPs today. For one thing, they will become public, and this might not look good for you. Stay chill.

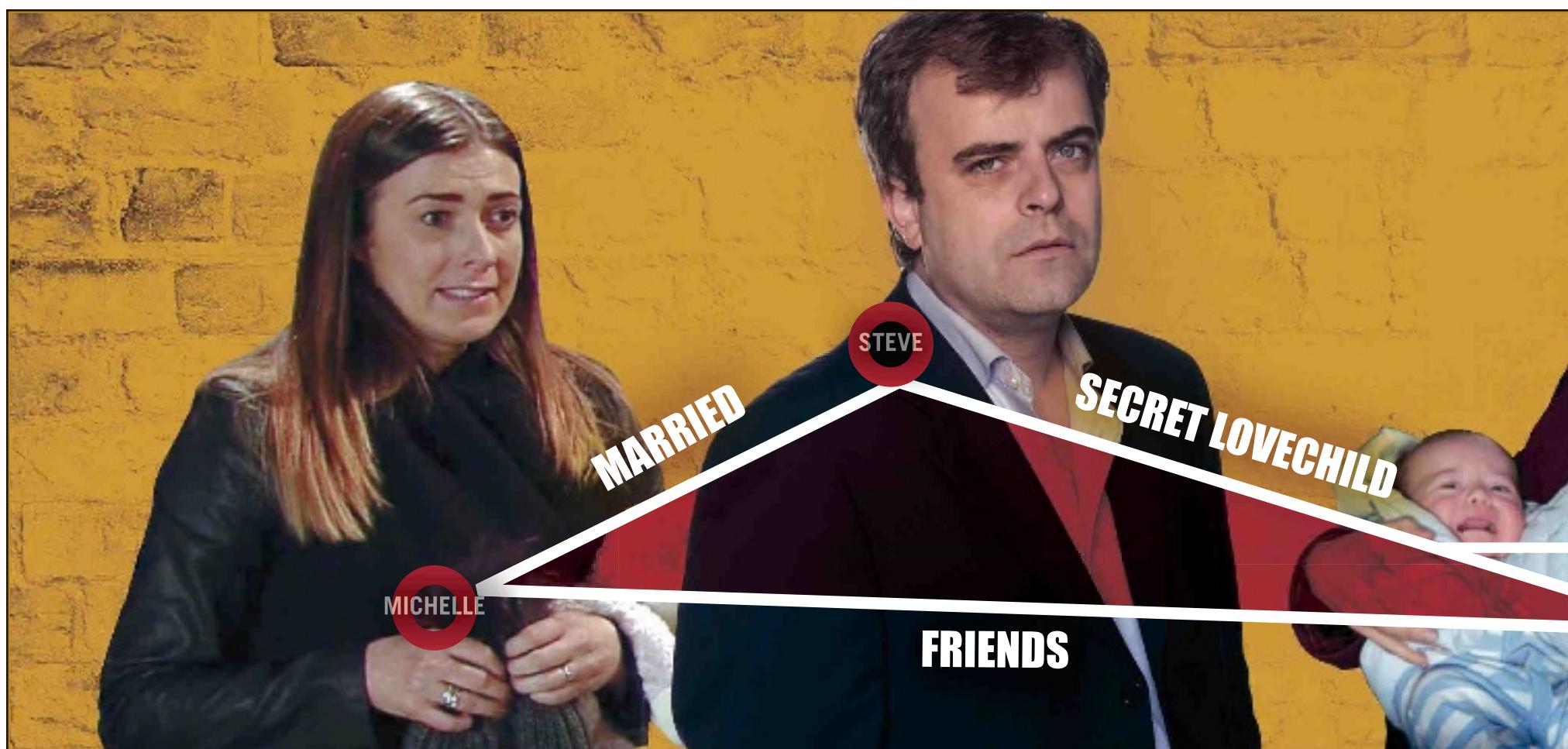
Aquarius Jan. 21 - Feb. 19
Your enthusiasm for politics, religion or racial issues might quickly turn into an argument today, so be careful. Make sure you know your facts and that you stick to them.

Pisces
Feb. 20 - March 20
A dispute about shared property or inheritances might get out of hand today. Try to avoid this, if you can. Postpone this discussion till another day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1	7	6	8
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Find the words:

DRAMA DRAMA
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WEEKNIGHTS 7:30

MAKE IT TODAY

Delicious Avocado and Tuna Sandwich

PHOTO: MAYA VANNETI

Ceri Marsh & Laura Keogh
For Metro Canada

Packing your lunch can feel as insurmountable of a task as hitting the gym before the office but this sandwich errs on the side of easy and delish so you can make both happen in the morning.

Ready in 10 minutes

Serves 2

Ingredients

- 1 can tuna packed in water
- 1 stem of celery chopped fine
- 1 or 2 Tbsp mayonnaise
- 3 or 4 cherry tomatoes chopped

- 1 carrot, grated
- 1/2 avocado sliced
- 2 tortillas

Directions

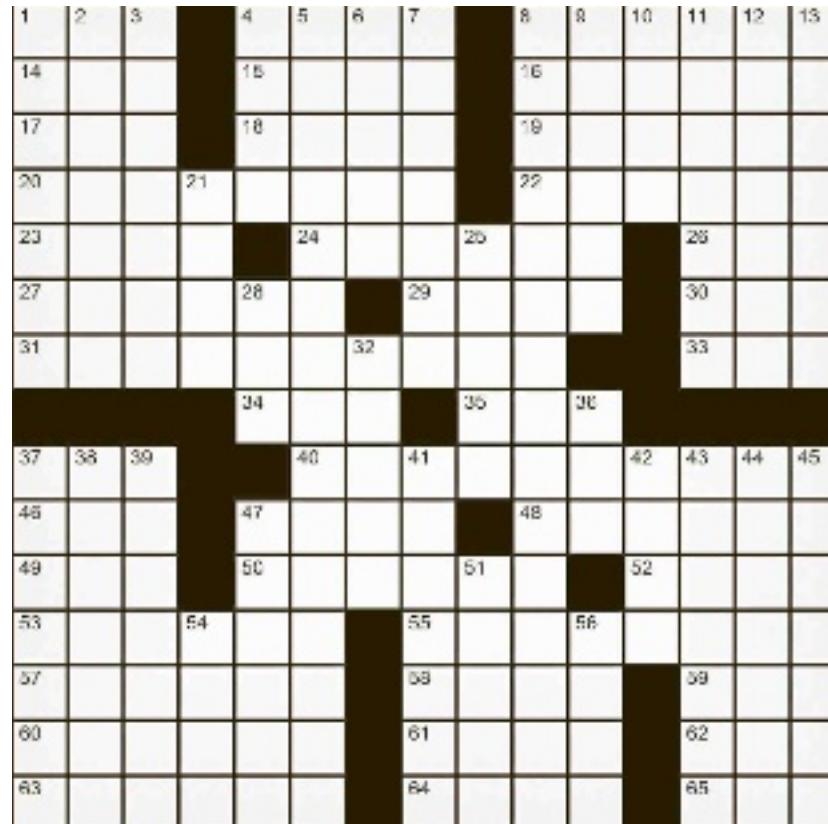
1. In a bowl, mix tuna, celery, tomatoes and mayonnaise.
2. On the tortilla, makes stripes of the tuna mixture, grated carrots and avocado slices.
3. Wrap tightly in the tortilla. Slice in half. Repeat for second sandwich

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BY KELLY ANN BUCHANAN

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metronews.ca**ACROSS**

1. Seal herd
4. Take __ (Try the drink)
8. The animal TV production mascot Mimsie: monogram + meowser
14. 'Is, plurally
15. Someone smitten's status
16. Medieval king of legend
17. One bone of the chest
18. Organic compound
19. Melon variety
20. Accepted the terms in the contract, for instance: 2 wds.
22. __ a go between (Is the mediator)
23. Nautically navigate
24. Solemn
26. Old English letter
27. Diner dish
29. Moisturizer content
30. Riddle-me__
31. "Obladi, Oblada, __, __" - The Beatles
33. "Hiss!"
34. TV show since '75
35. WWII soldiers
37. Gas stations of a multinational company headquartered in London, England
40. MuchMusic's old documentary-style series about recording artists: wd. + symbol + wd.
46. Grampus
47. Rip off
48. Daniel Defoe character, Robinson __
49. __-haw!"



50. Metallica drummer Lars
52. Li'l owed money installments
53. Prefix to 'fugal' (Outwardly moving from the middle)
55. CBC's daytime life-styles show: 2 wds.
57. Unrepeated
58. Grouping
59. __-diant (Self-styled)
60. "Fab!"
61. "Born Free" (1966) lioness
62. Veil heroine in ancient Greek myth
63. Fittings in cloth-

- happening
64. Robert of "The Brady Bunch"
65. Washington politician, wee-ly
- ing store changing rooms
66. Paper crafting
3. Question/interview post-mission
4. Pulitzer-winning author James
5. Steep sedimentary sights on PEI's coastline: 2 wds.
6. __ Extremes" by Billy Joel

DOWN

1. Shade provider in a lovely painting

7. Picasso's fashionable daughter, and namesakes
8. Kraft Dinner: wd. + symbol + wd
9. __ Ellis Ross (Diana Ross' actress daughter)
10. Washington state volcano, __. Helens
11. Those going after blowing away belongings
12. Songs of dawn
13. Ruins the hotel room
21. Fashionable magazine
25. Online journals
28. For instances, for short
32. Pomp and Circumstance Marches composer, Sir Edward __ (b.1857 - d.1934)
36. __ John A. Macdonald
37. Particular protest
38. Primping person
39. 1996 I Mother Earth album: __ and Fish'
41. Bypassing being
42. __ 'tea (Orange Pekoe serving, perhaps)
43. Gradual method of learning
44. Like still-raw meat on the BBQ: 2 wds.
45. Sitting
47. __ ' U.S.A." by The Beach Boys
51. South American country
54. Benicio Del __
56. Alum

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WEEKNIGHTS 7:30



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